

UPDATE

Update

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CARDIAC REHABILITATION UNIT - STRESS TESTING

IN THE LAST UPDATE, an introduction to the Hospital Center's Cardiac Rehabilitation Unit was presented. In this article one part of the program is discussed - stress testing.

Every patient entering the Cardiac Rehabilitation Unit Program receives a stress test prior to beginning year long exercise therapy. The test is conducted under the direction of a qualified physician to determine the patient's physical capability and enable the physician to prescribe an exercise program that is within the workload the patient can tolerate safely.

The test is monitored constantly by Mrs. Faye Baylor, R.N., who has been specially trained in the operation of electrocardiography and oscilloscope. The patient rides a stationary bicycle or walks a treadmill with nine to ten leads running from electrodes to the recording equipment. During the ten to twenty minute test, the physician keeps check on the patient's blood pressure and heart rate and at the same time watches the EKG on the monitor. The test results are then used to prescribe the patient's personal exercise program.

In addition, the exercise stress test is also valuable for the following uses: (1) determination of physical fitness generally, (2) evaluation of coronary vein graft surgery, (3) measurement of response to exercise therapy, (4) measurement of work capacity, (5) evaluation of drug therapy and sick sinus syndrome, and it is also very valuable as an integral part of any physical examination.

In future Updates, additional information about the Cardiac Rehabilitation Unit's insurance physical exam program will be detailed.

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NEW RESIDENTS ARRIVE

AS JULY ROLLS AROUND EACH YEAR, hospitals across the nation welcome new residents to their staff. The Hospital Center has nineteen new residents. Pursuing the specialty of General Surgery are Carlos Budding, M.D., Cordoba, Argentina, 3rd graduate year; Chun-Nan Chen, M.D., Koahsing Medical College, Taiwan, and Eileen Montross, M.D., Universidad del Valle, Cali, Colombia, both in their 2nd graduate year; George Eder, M.D., Ghent, Belgium and Robert Riether, M.D., University of Padova, Padova, Italy, both in their 1st graduate year.

Assigned to the specialty of Medicine and all in their 1st graduate year are John Benner, Judith Hoffman and John Rule all from Hahneman Medical College and Hospital; Priscilla Benner and Joseph Romano from the Medical College of Philadelphia; Jay Kloin from the University of Paris; Kenneth Mondal from the University of Pennsylvania; Barry Ruht and Henry Wills from Temple University; Fred Steckel from Milton S. Hershey Medical Center Hospital; and David Vasily from New York State University in Buffalo.

Pursuing a residency in OB-GYN are Judith Jeppesen from the University of Kansas and Emil Szabo from the University of Pennsylvania, both in their 1st graduate year.

The specialty of Radiology boasts Kan C. Shieh from the National Taiwan University College of Medicine. He is in his 1st graduate year.

The Hospital Center welcomes them all and wishes the residents success in their areas of specialty.

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### CANDY STRIPERS

BY THIS TIME WE ARE ALL ACCUSTOMED to seeing the young faces of our Candy Strippers. The Hospital Center is proud of the many hours of service they are giving so unselfishly. Let's all do our part to make them feel at home, welcome, and an integral part of the Center's team.

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### B-MODE ULTRASOUND SCANNING

THE HOSPITAL CENTER RADIOLOGY DEPARTMENT has announced that they expect delivery in early August of equipment that will enable them to perform Ultrasonography. This device allows for the study of the configuration and size of body organs by using an echo technique that can be likened to sonar used to direct submarines. The device is principally used for study of body organs as an adjunct to other radiographic, nuclear medicine and diagnostic procedures.

Dr. Barry Goldberg, Chief of the Ultrasound Department of Episcopal Hospital, who is a recognized leader in the development and utilization of ultrasound equipment has been retained as a consultant for this service at the Hospital Center. Additionally, technicians will be specially trained for this service at Episcopal Hospital.

The equipment will be utilized as a full service facility for both in and out patients.

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### WELCOME UNIT CLERKS

HAVE YOU NOTICED SOME NEW, ATTRACTIVE FACES AROUND THE CENTER, all dressed in blue and white? Twenty-seven Unit Clerks completed a sixty hour course of instruction given by the Training Department to prepare them for their new jobs. The Center provided the instructor and Lehigh County Community College granted the students adult education credit. Successfully completing the course were Elsie Geho and Rebecca McIlhaney assigned to ICU; Rosemary Lilly and Susan Schaller, ACU; Catherine McCorkel, PCU; Judy Smith, Linda Gleason and Sally Stettler, 3C; Loretta Hartman, Shirley Layton and Sophie Getz, 3B; Audrey Kinberg and Linda Stonebraker, 4A; Evelyn Watson, Susan Moyer, and Patti Wetherhold, 4B; Phyllis Markley, Barbara Scammell, and Sandra Leabold, 4C; Beth Goodin and Karen Dunton, 5A; Dorrit Pino, 5C; Gail Moran, Cheryl Dannecker, and Grace Warner, 6A; and Margaret Zucco and Janet Snyder, 6C.

We congratulate them for the fine job they did in class and welcome them to the Hospital Center.

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CPR COURSE CONCLUDES

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OVER FIFTY ALLIED HEALTH EMPLOYEES of the Center completed training in Basic Life Support Cardio-Pulmonary Resuscitation. The five-hour course was conducted by the Training Department to instruct in emergency steps to be taken in cases of cessation of breath or heart activities.

Additional CPR Courses will be conducted beginning in September.

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OFF-HOUR REPAIR SERVICE

REPAIR SERVICE REQUIRED AFTER NORMAL DUTY HOURS will be referred to the Stationary Engineer on duty in the Mechanical Building by calling 3020, 3021, or 2045. A call for repair service during other than normal duty hours should only be items of an emergency nature which cannot wait until the following work day.

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PAPER FLOW ANALYSIS

IF YOU HAVE NOTICED A SPEED-UP IN MAIL SERVICE LATELY, it is due to a special project headed by Thelma Terry, R.N., that is designed to study the total paper flow throughout the Hospital Center, to streamline the system and to even out the paper workload for all departments. If you have any questions regarding your participation in this study, please contact Mrs. Terry.

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